

# Statewide Mental Health Resources

Taking care of mental health is vital, and resources are available across Wyoming to help. From suicide prevention and mental health awareness to addiction counseling, several statewide organizations are here to support you and your loved ones. Whether you need immediate crisis intervention, ongoing counseling, or educational programs, you can connect with caring professionals and access the right resources for you. Click on the organization names below to learn more about how they are working to make a difference in our communities and find the support you need today.

## [American Foundation for Suicide Prevention \(AFSP\) Wyoming](#)

AFSP WY delivers prevention programs and educates the public about the risk factors and warning signs for suicide. Families and friends who have lost someone to suicide, students, mental health professionals, clergy, educators, community leaders, and others are part of the Wyoming chapter.

## **Grace for 2 Brothers—(307) 256-3344**

The primary mission of the organization is to prevent suicide through awareness and education. Since 2010, Grace for 2 Brothers has offered help throughout Wyoming. The foundation will provide resources and help to anyone in crisis, or who knows someone in crisis. They also provide support to survivors and anyone who has lost a loved one to suicide.

## [Prevention Management Organization \(PMO\) of Wyoming](#)

The Prevention Management Organization of Wyoming is dedicated to helping prevention around alcohol, tobacco, other drugs, suicide and chronic disease. Their dedicated team of community prevention professionals uses effective strategies that are proven to change perceptions and behaviors.

## [National Alliance on Mental Illness \(NAMI\) Wyoming](#)

NAMI WY provides assistance for people with mental illness and their families. They offer a variety of services to educate and support individuals who live with mental illness.

## [Safe2Tell Wyoming](#)

Safe2Tell Wyoming is a 24/7 confidential tip line where any Wyoming students or community members can share concerns about school safety. You can report tips online or by calling (844) 996-7233. All tips are anonymous.

## [988 Suicide & Crisis Lifeline](#)

The 988 Lifeline is a network of local crisis centers across the country. They provide free, confidential, and 24/7 support. People can call or text at any time for help with a suicidal crisis or other emotional distress.

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**Wyoming Department of Health**

The Wyoming Department of Health works to promote, protect, and enhance the health of all Wyoming citizens. This includes sections devoted to mental health and suicide and addiction prevention.

**[Mental Health and Substance Use Treatment Services](#)**

This section oversees community programs that provide mental health and substance use treatment and support. They can help you find affordable treatment options that are located right in your community.

**[Community Prevention Unit](#)**

This unit includes the Substance Use and Tobacco Prevention Program and the Injury and Violence Prevention Program. They focus on alcohol, tobacco, opioids and other drug prevention, suicide prevention, and unintentional injury prevention.